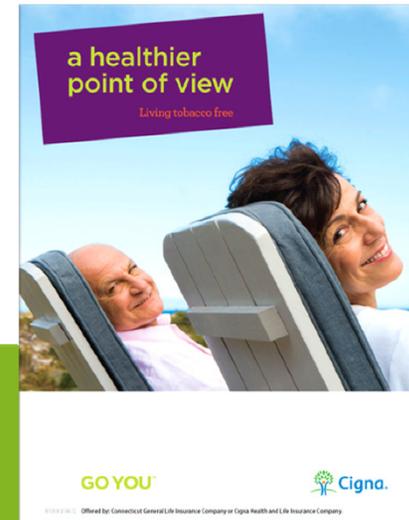


# TOBACCO CESSATION PROGRAM

- **Targets physical, emotional and social addiction**
- **Uses strategies proven to double quit rate success:**
  - Counseling and social support
  - Nicotine replacement therapy



## PHONE\*

- Welcome letter and workbook
- Program is tailored to meet individual's needs
- Free home delivery of over-the-counter nicotine replacement therapy
- Condition-specific educational materials (as appropriate)
- Post-graduation follow-up calls

**Call 855-246-1873 to enroll today!**

## ONLINE

- 24/7 access to:
  - Articles
  - Tools
  - Trackers
- Emails at key intervals during the quit process
- Free home delivery of over-the-counter nicotine replacement therapy
- Content tailored to your needs and preferences

**Log on to [www.mycigna.com](http://www.mycigna.com) today to enroll. Access the program on your My Health tab!**

\*Telephonic support based on plan design and may not be available to everyone.

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